



Victoria on a clear day

Take a look!
Close the front cover and see how
our air looks on an ozone day!
Check out the back of the card
below to find out what you can
do to reduce ozone pollution.



Mow and run errands after 5 p.m.

Fuel when it's cool after 5 p.m.

Combine errands---tripchain

Share a ride and reduce idling

Stop at the click when fueling up

Resources for more information about
air pollution and ground-level ozone



sign up for free ozone alerts at
www.airvictoria.org



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Trouble Breathing?

High
ground level
ozone days
are like looking
through
a haze.



Chances are it's WHAT you're breathing



Ground-level ozone affects all of us, but for persons with heart or respiratory problems (such as asthma, bronchitis, or emphysema) ground-level ozone can be life threatening. Victoria is a near non-attainment area on the verge of exceeding the federal clean air standard. This means our ground level air pollution levels are high enough to affect respiratory health.

What is Ground-level ozone?

Ground-level ozone is formed when sunlight heats up chemicals in the air we breathe and changes them into ground level ozone pollution. It's a complex chemical reaction that looks like a brown haze.

What are the main sources of air pollution in Victoria?

- Engines that operate on gas or diesel fuel
- Some industrial processes that use paints or certain chemicals
- Manufacturing and business that uses certain chemicals to make products

What are the health impacts of air pollution?

Ozone is suspended in the air that we breathe and when inhaled, can cause permanent lung damage. Ozone pollution irritates the lining of the nose, mouth and eyes and can cause allergy-like symptoms for people who are sensitive to ozone pollution. Ozone pollution reduces the capacity of the lungs to breathe and can increase the affects of respiratory illness and asthma.

What can you do about outdoor air pollution?

- Reduce idling time
- Sign up for free ozone alerts at www.airvictoria.org
- Stop at the first click when filling your tank and fuel up after 5 p.m.
- Share rides and combine errands for fewer trips
- Support regulations that reduce emissions
- Gas up and use lawn equipment after 5p.m.
- Turn off unnecessary lights
- Take your lunch with you on ozone alert days

How does air pollution directly affect me and my family?

- More frequent and severe asthma attacks
- Increased symptoms of wheezing, coughing, etc.
- Increased absenteeism from school and work
- Increased medical costs - medicines, doctor's office and emergency room visits

How do I find out about Ozone Alerts?

- Local new media - television, radio, and newspaper
- www.airvictoria.org

Ozone Alert days are issued prior to the danger. Check the local news or internet each morning to plan your day in response to the alert level.

What do the Ozone Alert Levels mean?

VERY UNHEALTHY

Active children and adults, and people with respiratory disease such as asthma should avoid all outdoor exertion; everyone else, especially children, should limit outdoor exertion.

UNHEALTHY

Active children and adults, and people with respiratory disease such as asthma should avoid prolonged outdoor exertion; everyone else, especially children, should limit prolonged outdoor exertion.

UNHEALTHY FOR SENSITIVE GROUPS

Active children and adults, and people with respiratory disease such as asthma should avoid prolonged outdoor exertion.

MODERATE

Unusually sensitive people should consider limiting prolonged outdoor exertion.

GOOD

None.

AIR QUALITY INDEX CARD



300	VERY UNHEALTHY
200	UNHEALTHY
150	UNHEALTHY-SENSITIVE GROUPS
100	MODERATE
50	GOOD

Keep this card to assist you with air pollution forecasts.
www.airvictoria.org